



ANNUNCIATION CATHEDRAL HERALD

245 VALENCIA STREET, SAN FRANCISCO, CA 94103 • 415 864-8000 • FAX 415 431-5860 • E-MAIL office@annunciation.org

SEPTEMBER 2009



San Francisco's Only Greek Food Festival

**FESTIVAL 2009:
SEPTEMBER 25, 26,
AND 27**



FRIDAY, SEPTEMBER 25	11 AM - 10 PM
SATURDAY, SEPTEMBER 26	11 AM - 10 PM
SUNDAY, SEPTEMBER 27	12 PM - 9 PM

Annunciation Greek Orthodox Cathedral
245 Valencia Street between Duboce and 14th Streets
Valet Parking Available

Traditional Greek Delicacies - Live Greek Music & Dancing
Cultural Exhibits & More!

Tickets & Information:

(415) 864-8000 • WWW.ANNUNCIATION.ORG

This year's Festival committee, headed by **Tula Kallas** and **Mike Canellos**, has been working tirelessly to put together another memorable Food Festival. The Festival will take place on the Cathedral's grounds at 245 Valencia Street, San Francisco, Friday, September 25, Saturday, September 26, and Sunday, September 27. The hours are 11 a.m. to 10 p.m. Friday and Saturday, and noon to 9 p.m. on Sunday. The Festival is the Cathedral's largest fund raiser, netting about \$100,000 for the Cathedral's many ministries. More importantly, it brings people together. Not only communicants from the Cathedral parish and other, neighboring parishes, but people from throughout the City and the Bay Area. It promotes fellowship and mutual support, in the spirit of Greek hospitality, known as *philoxenia*. There will be food and more food—*pastitsio* and *mousaka* and *gemistes piperies* (stuffed green peppers), *calamari*, *taramosalata*, *feta* and *olives*, *tiropites*, *spanakopites* and, of course, *gyro*, and don't forget those delectable edibles—*melomakarona*, *koulourakia*, *kourambiedes*, *baklava* and *galaktoboureko*. And, definitely, there will be music. On Friday, beginning at 6 p.m., there will be dancing to the music of **Mythos**. On Saturday, beginning at noon, there will be dancing to the music of **Fotia**. And on Sun-

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day, also beginning at noon **Mythos** will return to provide music for your dancing pleasure. The Annunciation Cathedral's dance groups will perform throughout the weekend. They will be joined by dance groups from neighboring communities. There will be chapel tours and shopping opportunities (for tee shirts and souvenirs, jewelry, art, icons and books), not to mention activities for children. On Sunday, the Festival Singers will perform. Outdoors, indoors, and for three days, this little corner of San Francisco will be transformed to Athens' famed *Plaka* district or even Mykonos' town square. Join us for a most enjoyable weekend. Also, don't forget to visit the Cathedral's web site, www.annunciation.org, where you can get more information, and download free passes and discounts for Friday's lunch.

OLI MAZI, LET'S COOK!



lease refer to the cooking festival, below, and join us. Except as noted, all cooking will take place in the Cathedral's Philoptochos kitchen. Not only do we have fun cooking, we also take time to have lunch. We invite you to join in.

Thursday, September 3, **Galatoboureko**, 9:00 a.m. to 5:00 p.m. Chaired by **Philoptochos**

Tuesday, September 15 and Wednesday, September 16, **Kourambiedes**, 9:00 a.m. to 5:00 p.m. Chaired by **Mary Chicos**

Thursday, September 17 and Friday, September 18, **Dolmades**, 9:00 a.m. to 5:00 p.m. Chaired by **Spyridoula Stavropoulos**

Friday, September 18 and Saturday, September 19, **Bell Peppers**, 9:00 a.m. to 5:00 p.m. Chaired by **Ted Leventis**

Monday, September 21 and Tuesday, September 22, **Baklava Syrup Preparation and Baklava Baking**, 9:00 a.m. to 5:00 p.m., Chaired by **Philoptochos**

Tuesday, September 22, **Meat Cutting / Souvlaki Skewereing**, 5:30 p.m. to 10:00 p.m. Chaired by **John Panomitros**

Wednesday, September 23, **Chicken Preparation**, 9:00 a.m. to 5:00 p.m. Chaired by **Pope Zakis**

Thursday, September 24, **Rizogalo**, 9:00 a.m. to 5:00 p.m. Chaired by **Rose Sogotis**

BUY A RAFFLE TICKET FOR A WEALTH OF PRIZES

This year's Festival will feature a raffle with the following special prize

FIRST PRIZE

PANASONIC TH-C42H18 42" PLASMA HDTV WITH A DVD PLAYER Sony DVP-NS611HP / BM 1080p Upconverting HD DVD Player

SECOND PRIZE

HP - Mini Netbook with Intel® Atom™ Processor N270 - Black Model: 110-1025DX | SKU: 9377097 ENERGY STAR Qualified Intel® Atom™ processor N270; 1GB memory; 10.1" widescreen; 160GB hard drive; built-in webcam; Windows XP Home

THIRD PRIZE

PHILIPS MCM704D CD PLAYER AND Docking Micro Hi-Fi System

FOURTH PRIZE

CY YOUNG AWARD WINNER TIM LINCECUM autographed Baseball

Tickets are \$2 each. Books of eleven (11) tickets are available for \$20 each. How does one get tickets? One of two ways: all Annunciation Cathedral parishioners are being sent a festival packet, containing information about the festival and two (2) books of tickets, which they may purchase themselves or sell to their friends, neighbors and relatives. If additional books are needed, parishioners are asked to kindly call the Cathedral office, at 415 864-8000 and request additional tickets. Second, tickets will be sold at the dining hall entrance all three days during the Festival. The drawing will take place on Sunday, September 27, at 8 p.m. Provided one's name, address, and phone number appears on the ticket stub, winners need not be present to win. The responsibility of picking up the prizes won rests with the winners, once notified.

FESTIVAL SOUVENIR BOOK TO INCLUDE PLANS FOR THE NEW CHURCH

During the month of June, Festival Souvenir Book contracts were mailed to all Cathedral parishioners, along with a cover letter invited everyone to support this years Food Festival by placing an ad. This can be done in memory of a loved one, or in celebration of a birth, baptism, graduation, engagement, or marriage of a member of one's family. The outside back cover as well as the inside front cover and the inside back cover, for \$4,000, \$2,000 and \$2,000 respectively, have already been contracted. Full pages are available for a donation of \$500., half page for \$250; Quarter page for \$150, Business Card for \$100 and Festival Friends one-line listing, for \$75. Recently, the Cathedral Parish Council members agreed for each member to take at least a half-page ad in the Book, at \$250 per half-page, thus setting a good example for all of us to follow. The Cathedral's goal this year is to raise \$50,000 from the Ad Bok effort. This will help offset some of the costs incurred to put on the festival.

There's an added reason for being included in this year's Festival Souvenir Book, and this is because our 2009 book will include plans for the new church. As we have noted in previous issues of the *Herald*, as well as in the present issue, the Cathedral is planning to build a two-level below-grade parking structure, with a church over it. The new church will be at the level of the courtyard, giving easy access to and from the Community Center and other parts of the building. The preliminary plans, which will be included in the Souvenir Book are those which are being sent to the City Department of Planning for preliminary approval. The Souvenir Book, therefore, is bound to become a historical keepsake. To enable everyone to be included, the deadline for returning contracts has been extended to September 7.

RETURNING TO THE 2009 FESTIVAL— YIA YIA'S ATTIC

Back by popular demand, Yia Yia's Attic is returning to the Cathedral's 2009 Food Festival. For over ten years, its well-known White Elephant Table, begun and overseen by **Charlotte Derdevanis**, offered "hidden treasures" and wonderful memories. This year, **Mina Vellis** will be organizing and overseeing this aspect of the Festival, known as *Yia Yia's Attic*. Parishioners and friends of the Cathedral are invited to donate any unwanted items from home, including **Children's Toys, Games, Puzzles, DVDs, CDs, Books, Household Items, New Linens and Jewelry**. NOT ACCEPTABLE are Used Linens, Baby Items, Baby Furniture, Towels, Shoes, or Clothes. Items may be brought to the Cathedral Sundays, before or after the Divine Liturgy, or Monday through Friday, 9 a.m. to 5 p.m. For any questions, please call **Mike Canellos**, at 415 864-8815 or **Meena Vellis** at 650 401-3969.

LOOK FOR OUR 2009 FESTIVAL MAILING

Within the next few days, Festival packets will be mailed to the Cathedral's parishioners and friends. The packets will consist of 1) two books of Raffle Tickets, 2) another Festival Book Contract Form (in the event the form mailed in June was misplaced), 3) a Festival Volunteer Form, 4) an Underwriter's Sponsorship Form, 5) a Festival Entertainment Schedule, 6) a Festival Cooking Schedule, and 7) free Admission Post Cards. Please take a moment to review the material and return 1) your raffle ticket stubs together with your check, 2) your completed Festival Book Contract Form, 3) your completed Festival Volunteer Form, indicating where and what hours you would like to work during the Festival, and 4) your completed Underwriter's Sponsorship Form, if you wish to donate one or more of the items listed. The more you volunteer and the more you are willing to contribute, the more successful our Festival will be.

Once again, but that the Festival is the Cathedral's biggest fund raiser. It is also our biggest social event. People from around the Bay Area turn out to celebrate with us and, just by being here, to support us. It's like welcoming people right in our own homes. Help us make this year's Festival a most successful event. That's

Friday, September 25
11 a.m. to 10 p.m.

Saturday, September 26
11 a.m. to 10 p.m.

Sunday, September 27
noon to 9 p.m.

SEPTEMBER 1, BEGINNING OF THE ECCLESIASTICAL YEAR: WHY SEPTEMBER 1?

Virtually all cultures use the cycle of seasons to follow the passing of time. For the Hebrew people of the Old Testament autumn was a special time. At the beginning of September (which for them was the seventh month, in accordance with their lunar calendar), they gave special thanks to God, as they harvested their crops, stored the grain, and sowed seeds for future harvests. They observed a day of solemn rest, and blew trumpets, as described in Leviticus 23:24. Later, the Romans levied an agricultural tax, coinciding with the harvest. By the fourth century, a 15-year tax cycle was developed. This cycle came to be known as the *Indictio* (in Latin) or *Indiction* (in Greek). It was also used to date documents. This practice was adopted by the Church, which refers to September 1 as the "Beginning of the Indiction, or the Beginning of the Ecclesiastical Year." Church books, as the Menologion, or Commemoration of the Saints, begin in September, thus marking the beginning of the New Year, as opposed to January, which is not based on the agricultural cycle, or the lunar year, but, rather, upon the revolution of the earth around the sun, thus the solar year.

The Gospel reading for September 1 is taken from Luke, chapter 4, verses 16-30. In this passage, Jesus begins His ministry by going to his hometown of Nazareth, where He reads a scroll containing the following prophesy of Isaiah: "The Spirit of the Lord is upon me, because He has anointed me to preach good news to the poor. He has sent Me to heal the brokenhearted, to proclaim release to the captives and recovery of sight to the blind, to set at liberty those who are oppressed, to proclaim the acceptable year of the Lord." (Orthodox Study Bible) This passage is read as a reminder that every hear is an "acceptable year of the Lord" as we set carry out the mission as delineated by our Lord—preaching good news to the poor, healing the brokenhearted, proclaiming release to the captives and recovery of sight to the blind, and setting at liberty those who are oppressed. As we "come together" as a community, to begin our schools, to celebrate our various events, including our Food Festival, as we undertake the task of building our church, let us so, mindful that we do everything in our Lord's Name.



Young adults gathered for dinner on August 7, following the *Paraklesis* Service at the Cathedral.

FOR THE PROTECTION OF THE ENVIRONMENT

September 1 has been designated by the Ecumenical Patriarchate as the Day for the Protection of the Environment. One of the most stalwart supporters of the protection of the environment in is His All Holiness Ecumenical Patriarch Bartholomew. Known as "the green Patriarch," His All Holiness has played a leading role throughout the world in organizing symposia to deal with such environmental issues as climate change and global warming and pollution of the world's waterways. With limited resources from the Mother Church in Constantinople, His All Holiness will chair an eighth symposium on the environment, to be held in Mississippi in October, 2009. Entitled, "Symposium VIII: Restoring Balance- The Great Mississippi River," it invites humanity to explore the "way the religious communities can contribute in facing the ecological crisis through a unified approach, in order to meet the challenges of this important river and other major river and delta systems around the world." Organized by the Religion, Science and Environment Movement, under the auspices of Patriarch Bartholomew, who pioneered this movement, the Symposium will be held from October 18 to 25, and will bring together about 200 participants, including theologians, scientists, policy makers, environmentalists, business leaders, non-governmental organizations, and the media.

The following quote from a recent encyclical summarizes His All Holiness', and the Church's, position: "Our Holy and Great Church of Christ, following in the footsteps and example of the late Ecumenical Patriarch Dimitrios, is working tirelessly to raise awareness not only among public opinion but also among responsible world leaders. It achieves this by organizing Ecological Symposia that deal with climate change and the management of water. The ultimate purpose of this endeavor is to explore the interconnectedness of the world's ecosystems and to study the way in which the phenomena of global warming and its anthropogenic effects are manifested... we invite all of you, irrespective of position and profession, to remain faithful to a natural use of all God's creation, 'offering thanks to God, who created the world and granted everything to us.' For to Him is due all glory and power to the ages. Amen."

HOW ABOUT SURFING OVER TO CONSTANTINOPLE?

There is no doubt but that the internet has given us “instant access” to knowledge that, but a few years ago, was available only in print or by word of mouth. There is hardly a person who does not surf the world wide web. How about surfing over to Constantinople? To the web site of the Ecumenical Patriarchate, that is. The site is www.patriarchate.org. There one will find valuable information, as the history of the Ecumenical Patriarchate, the names of the Ecumenical Patriarchs, beginning with the Apostle Andrew, Founder of the Church of Constantinople, various theological articles, ecclesiastical music/Byantine chant, Orthodox links, youth ministry, ecological activities, conferences and symposia, inter-Orthodox, inter-Christian and inter-faith relations, to name a few. From the web site of the Ecumenical Patriarchate one can also link to the sites of the other Patriarchates, as well as those of the various autocephalous and other Churches.

A BRIEF HISTORY OF THE ECUMENICAL PATRIARCHATE

The Ecumenical Patriarchate of Constantinople is one of fourteen autocephalous churches which make up the Orthodox Church. Its head is the Ecumenical Patriarch, who is recognized as “first among equals” among Orthodox bishops. The Church of Constantinople was founded by the Apostle Andrew, “the first-called.” The present Ecumenical Patriarch is Bartholomew I, who in 1997 came to San Francisco and broke ground for the new Annunciation Cathedral.

While the Church of Constantinople has apostolic origins (at the time of its establishment, the City was known as “Byzantium”), it was not until the Roman Emperor Constantine moved the capital of the Roman Empire from Old Rome to New Rome, in 330, that the Church came to be *Ecumenical*, which means that its Bishop, the *Patriarch*, became bishop of the *oikoumeni*, or “household” of the Empire. Canon three of the First Council of Constantinople (the Second Ecumenical Council), held in 381, states that the bishop of Constantinople “shall have primacy of honor after the Bishop of Rome, because Constantinople is the New Rome.” The Fourth Ecumenical Council, held in Chalcedon (near Constantinople), in its 28th canon, extended the boundaries of the Ecumenical Patriarchate to include “the land of the bar-

barians,” meaning the lands outside those which were already under the jurisdiction of the five ancient Patriarchates of Rome, Constantinople, Alexandria, Antioch and Jerusalem. Thus, the Ecumenical Patriarchate’s jurisdiction extends throughout the world, including Western Europe, the Americas, Asia and Australia. The missionary activity of the Ecumenical Patriarchate brought the Orthodox Faith to what is now Russia, Serbia, Ukraine, Bulgaria, Finland, Estonia, Romania, the Czech and Slovak Republics, and Poland.

Eventually, the influence of Constantinople would be challenged by the Bishop of Rome. In 1054 a break between the two churches occurred. This break, or schism, was emphasized when the Crusades sacked Constantinople and set up Latin rule. Following the fall of Constantinople to the Ottomans in 1453 and the subsequent independence of various countries from Ottoman occupation, in the nineteenth century, the Church of Constantinople recognized the “autocephaly,” or jurisdictional independence, of the various “national” churches. However, as His All Holiness Ecumenical Patriarch Bartholomew stated at a gathering of the heads of the Orthodox churches, at the Ecumenical Patriarchate on October 10, 2008, on the occasion of 2,000 since the birth of the Apostle

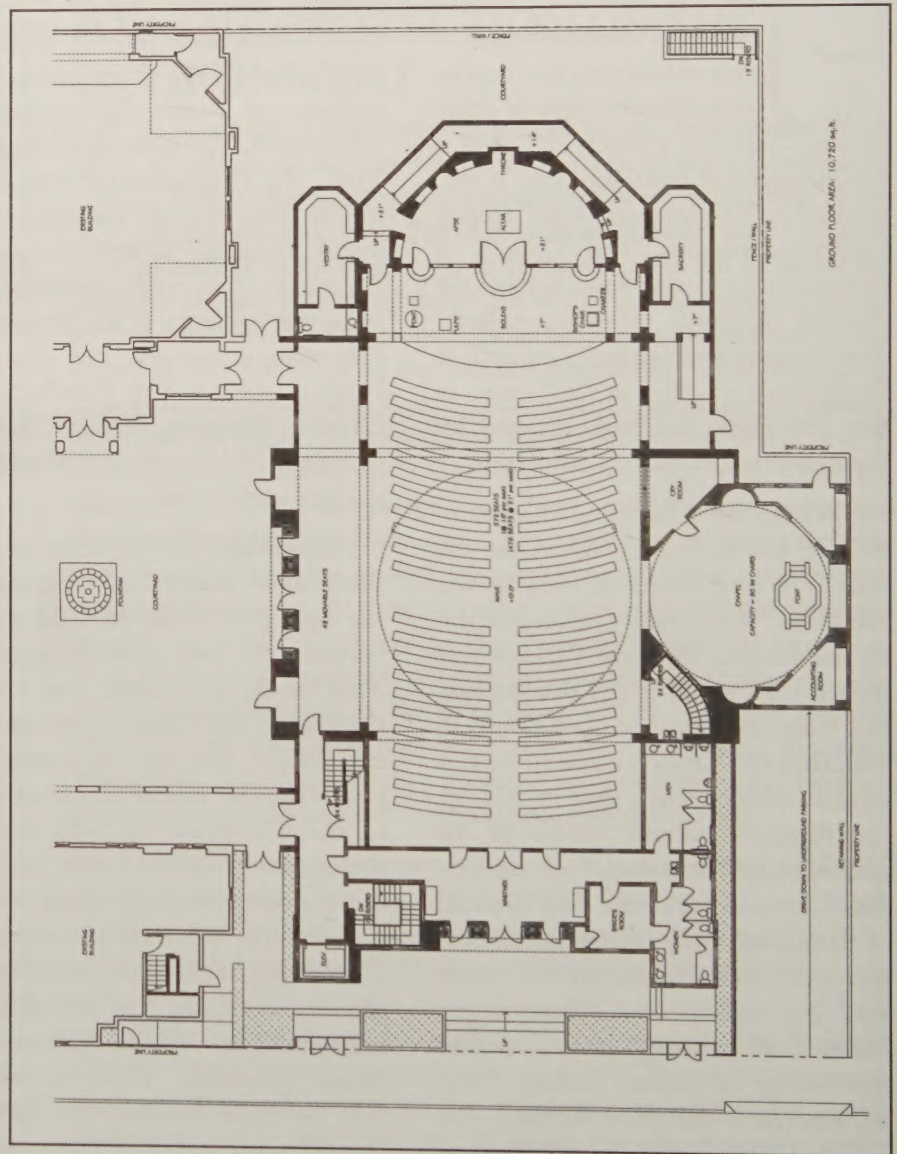
Paul, Orthodoxy does not “comprise a federation of national Churches,” but, rather the various autocephalous churches constitute the “one unified Church.” The Ecumenical Patriarchate, then, assumes a “coordinating role” within the Church, “without in the least damaging or diminishing the independence of the local autocephalous Churches by any interference in their internal affairs. This, in any case, is the healthy significance of the institution of autocephaly: while it assures the self-governance of each Church with regard to its internal life and organization, on matters affecting the entire Orthodox Church and its relations with those outside, each autocephalous Church does not act alone but in coordination with the rest of the Orthodox Churches.” Thus it is that the Ecumenical Patriarchate has convoked a series of Pan-Orthodox Councils, with a view to convening a Holy and Great Council (that is, an Ecumenical Council) and is poised to address the issue of the so-called *diaspora*, that is, the existence of multiple jurisdictions in a single geographical area, as the United States. The Annunciation Cathedral, as part of the Metropolis of San Francisco, which is part of the Archdiocese of America, is under the spiritual jurisdiction of the Ecumenical Patriarchate.

DAY TIME BIBLE STUDY

How much do we really know about the Bible? The answer, for some of us, is “not much.” For others, it is “some” or “a bit.” Our day time Bible study, then, is for you. Beginning Wednesday, September 9, Father Stephen will conduct a Bible study, in English, beginning at 10 a.m., and concluding by 11:15 a.m. The study will center around the Sunday pericopae, or designated readings. Both the Epistle and the Gospel will be studied. The readings will be compared and contrasted with other, similar New Testament readings, with references to the Old Testament and the Church Fathers, as appropriate. We will also discuss the Bible, as it applies to us, personally, and to the times in which we live. Those interested in participating in this study are invited to let Father Stephen know, by calling him at the Cathedral, at 415 864-8000, or by e mailing him at dean@annunciation.org. The study will take place in the second floor Conference Room.

BUILDING UPDATE: SOILS STUDY COMPLETED, PLANS READY TO BE SENT TO PLANNING DEPARTMENT FOR PRELIMINARY APPROVAL

Allwest Geoscience, Inc. has recently completed its soils study of our present site and has concluded that the site is buildable, given that the soil, up to twenty-four feet below, is liquefiable sand, and that there is groundwater above the area to be excavated. However, the soil below the twenty-four foot mark is very stable, and we will be digging to that level in order to build the two-level parking structure. The water issue will be addressed by the specific design and waterproofing of the structure, typical of building in our area. No hazardous materials were found in the soil. The report concludes: "The project is feasible from the geotechnical engineering perspective. No earthquake faults or other geologic hazards preclude or severely constrain the project." This is very good news for us. Based on the report and subsequent evaluation of the findings, Goldman Architects is now completing its schematic design, which is being submitted for preliminary approval. Once we get the "green light," we will proceed to the design phase, at which point a contractor will be brought on board to cost out the project. At that point, we will have a design and a cost, in other words, a project proposal, to put before the community. Since we will know the scope of the project, we will formulate a fund raising committee to plan a capital campaign. We anticipate all of this will take place the latter part of 2009. Needless to say, we are all very excited and we look forward to the actual building and completion of the Cathedral church. Below are some conceptual and schematic drawings of our project.



Shown above is a schematic of the new Cathedral's first floor. In addition to the level shown, there are two levels of parking below, as well as a choir loft above. All four levels are accessed by elevator as well as by stairs. The Festival Souvenir Book will feature additional floor plan schematics, as well as building elevations, sections, and a roof plan.

WELCOME, NEW MEMBERS

The Cathedral welcomes the following new members to our Church family:

Peter and Patricia Patsis. Peter's brother is a Greek Orthodox Priest, recently assigned to a parish in Syracuse, New York.

Andreas F. Phelps, Ph.D., P. E. (CA). Andreas' company engineers structures and building enclosures.

Martin and Penny (Pappas) Walsh. (The Walshes were recently married at the Cathedral.)

The Cathedral invites people new to San Francisco and the Bay Area, who wish to be congregants of the Cathedral, to identify themselves to the Cathedral's clergy, at their earliest convenience. They will be welcomed, placed on the Cathedral's mailing list, and sent a Stewardship packet as well as a list of activities offered by the Cathedral, with a view to involving them in the life of the Church. Meanwhile, the Cathedral would appreciate it if, as part of the Cathedral's outreach, members invite newcomers whom they know to worship with them and introduce them to the Cathedral clergy. Being such an important part of our lives, the Church is not only where we connect, in worship, with our Lord Jesus Christ, but also where we connect with one another, making for a *family away from home as well as friendships for life.*

ANNUNCIATION CATHEDRAL PHILOPTOCHOS

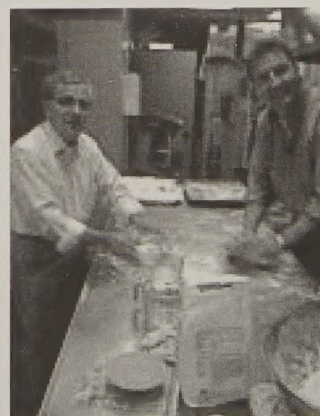
The Annunciation Cathedral Ladies Philoptochos invites you to note its meeting dates and activities over the next few months. They are:

General Meeting	Wednesday, September 9	1 p.m.
Food Festival	Friday, September 25	beginning at 11 a.m.
	Saturday, September 26	beginning at 11 a.m.
	Sunday, September 27	beginning at noon
General Meeting	Thursday, October 8	1 p.m.
General Meeting	Thursday, November 12	1 p.m.
Thanksgiving Luncheon	Sunday, November 22	noon
Christmas Party	Thursday, December 10	noon
Vasilopita	Sunday, January 10, 2010	noon
Crab Feed	Friday, January 29, 2010	6 p.m.

The Annunciation Cathedral Ladies Philoptochos invites women 18 and above to join this dynamic arm of the Church, as it ministers to those in need, promotes education by offering scholarships, supports future clergy from the San Francisco Metropolis by helping underwrite their tuition at Hellenic College/Holy Cross Greek Orthodox School of Theology, fosters learning by presenting seminars and workshops on wellness, and, in general, strengthens the aims and purposes of the Church community. The Annunciation Cathedral Ladies Philoptochos, for example, raised over \$1 million for the first phase of rebuilding of the facilities lost to the Loma Prieta Earthquake. During the last ten years, it raised another \$1 million for its various charities. For further information about Philoptochos, and how to become more involved, as a member, please call its president, **Angie Leventis**, at 650 878-2855. (Men may also join the organization, but only as non-voting, associate members.)

NEXT COMMUNITY LINK SEPTEMBER 19

Please join us for our upcoming Community Link, which will take place Saturday, September 19. We meet at the Cathedral at 9 a.m., for prayer and visit assignments, and begin our visits by 10 a.m. (usually in pairs), concluding before lunch time. Our visitations to home bound parishioners are very special, to us and to those we visit. They bring joy to our seniors who are experiencing isolation from their community due to illness, loss or hardship. Community Link is an excellent way for all of us, children, adults and families to engage with one another and to share the message of God's love. There are many ways we can do this. One is through prayer. Another is through our visitations. A third is by "adopting" a senior and, literally giving them a "lift." As we have stated on a number of occasions, many of the seniors we visit need rides to doctor appointments and to church. If you would be willing to help in this way, please contact Caroline Pappajohn, at 415 699-5633 or cpappajohn@yahoo.com. Community Link dates for the remainder of 2009, in addition to September 19, are: October 17, November 21, December 19. All dates are Saturdays. We look forward to seeing you on September 19.



George Tacticos and John Coundouris making prosforo, during preparations for the July Community Link.

PARISH ASSEMBLY: SUNDAY, OCTOBER 18

Parishioners of the Annunciation Cathedral are invited to attend the second Parish Assembly for 2009 (the first was held on March 15), to take place in the Cathedral's Korinthias Hall on Sunday, October 18, following the Divine Liturgy. The Agenda is as follows:

- Opening Prayer
1. Election of Assembly Chair
 2. Reading/Approval of the March 15, 2009 Minutes of the Parish Assembly
 3. Treasurer's Report
 4. Reports:
 - a. Stewardship,
 - b. 2008 Festival,
 - c. Youth
 5. Plans for rebuilding the Cathedral Church
 6. Report of the Board of Auditors
 7. Report of the Nominating Committee (Following their report, the Nominating Committee effectively becomes the Board of Elections. As such, it will oversee the Parish Council elections, which will take place on Sunday, December 13, 2009, following the Divine Liturgy. Those elected will serve a two-year term.)

8. Election of Delegates to the Metropolis Clergy-Laity Congress (St. Nicholas Ranch and Retreat Center, February 8-9, 2010)
 9. Old Business
 10. New Business
- Closing Prayer

Parishioners in good standing (that is, those who are ecclesiastically in good standing with the Orthodox Church, as defined in the Archdiocese Regulations, and who have met their stewardship obligations to the Cathedral) may participate in the Parish Assembly. Quorum requirements, as defined in the Parish By-Laws are: 75% of the Parish Council (i.e. 12 out of 15 members), an equal number of other parishioners in good standing, plus the Dean of the Cathedral or, if fewer than 12 members of the Parish Council are present, then 75 parishioners in good standing, plus the Dean of the Cathedral.



FOCUS ON YOUTH

SUNDAY SCHOOL BEGINS SEPTEMBER 13

Summer is almost over and the Sunday School year is about to begin. This newsletter from Sunday School is being included in the present *Herald*, in the Focus on Youth section, for your convenience. Please note the following:

First Day of School is Sunday, September 13, beginning at 10:30 a.m. sharp Parents, please have your children wear their pins on the first day. We will be adding a year bar to mark the new school year.

All Teachers' meeting will take place at the Cathedral on Tuesday, September 8, at 7:00 p.m. All teachers and their assistants are invited to at-

tend the meeting in order to exchange ideas and information and to plan for the new year.

The 2009-2010 School Year Calendar has been organized. The school-wide curriculum will closely follow our Orthodox Church Calendar, explaining and educating the students about the significance and importance of Holidays, Feasts and special observances, and by showing how icons, flowers and items of remembrance are used in the celebration of these events in the Liturgy. With regular attendance, your children stand to gain a solid foundation in Faith, from their earliest years, all the way through to young adulthood. As one knows, the Greek Orthodox faith is rich in meaningful symbolism and ceremony—what better way to have your children build a founda-

tion in the life in Christ than by experiencing first-hand these beautiful celebrations consistently throughout their youth. The knowledge of the teachings of Christ guides your children toward a good and just life and, of course, our very salvation.

Safety and Security of our children is our utmost concern. We are asking the parents to escort not to "drop their children off," but to escort the younger children up to their classrooms, to note where your children (of any age) are at all times, and to keep a watchful eye on them during the coffee hour. Please do not leave your children unattended!

Urgent Need For Classroom Teachers and Assistants. Your children love it when you, the parents, are involved in their education and

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formation. After all, you, the parents, are their first and most important teachers. Come, spend time with your children and assist our teachers as we devote ourselves to learning to know Christ and His word. At the beginning of the year, we will be actively recruiting classroom teachers and assistants. We have openings in the lower grades, as well as in the upper grades. Specifically, we need a kindergarten teacher, a second grade teacher and a high school teacher. (Our teachers for those grades are leaving due to other obligations.) If you wish to be considered for any of those positions, please call **Father Stephen, Denise Yeilding, or Deacon Nikos Bekris**, at 415 864-8000.

Student Volunteers for our Food Festival: Attention, High School students. All volunteer service in church events counts towards community service. What better way

to earn credit for community work than by serving or tidying up during the Festival. Please volunteer your services by seeing Tula Kallas Chase or Mike Canellos, our Festival Chairs. Take advantage of this unique opportunity to have a fun time working and earning credit for community work under their cheerful disposition.

Classrooms: As was the case last year, our High School will be housed in the library...a great room to be in. We will also be using the great large room across from the library. Essentially, we are using all the rooms on the east side of the building, as well as the classroom on the west side (Valencia Street side), adjacent the Metropolis offices. Notice that we have also completed our furniture purchases. All rooms now have white boards, cork boards, tables, chairs, and storage units. We are proud of what we have been able to accomplish, with your hard work, support, and dedica-

tion. Special thanks to **Andrew Velis** and **Bonnie Grampsas**, who head our coffee hour program, along with **Mike Canellos**. Thanks as well to our serving team, **Angelus** and **Chris Karras**. Your donations at coffee hour have paid for Sunday School materials as well as all our furniture and furnishings. We have plans to develop multimedia capability and provide internet access, thus being able to log onto our own web site (www.annunciation.org) as well as that of the Archdiocese (www.goarch.org).

The clergy and staff are striving to offer you the best possible religious education program for our children. This can only happen with your assistance and cooperation. It begins by your encouragement: bring your children to Sunday School. This is *their* school; it is *their* community...an environment where they can meet and know Christ and receive the most wonderful gift of all—His gift of eternal life.

GREEK SCHOOL TO BEGIN, BUT WHEN?

Last year, the Cathedral was pleased to offer Modern Greek to young children, ages 5 and above.

The Cathedral wishes to continue this service for the 2009-2010 school year. 1) We are in search of a teacher and 2) We wish to hear from parents with respect to their commitment to bringing their children to "Greek School," as well as the day and time which is most convenient to them. For the 2008-2009 school year, the class met on Saturdays, from Noon to 2 p.m. However, as the children get older and get involved in more extra-curricular activities, Saturdays at noon may no longer be a convenient time for most parents. Some have said a 9 a.m. start time is better. Others have indicated a weekday afternoon works best. We are, therefore, asking parents to e-mail **Pamfilia Zambelis**, Coordinator of the Greek School program, at pamfilia.Zambelis@kp.org and indicate their preference.

Those interested in teaching are also asked to contact Mrs. Zambelis at the above e mail address, or Father Stephen, at the Cathedral, at 415 864-8000.

Speaking of "Greek School," some people have inquired about Greek classes for adults. The Cathedral would like to be able to offer this service to the community, again this year. Please indicate your interest by calling the Cathedral at 415 864-8000 or e-mailing the Cathedral, at office@annunciation.org. The class will be convened according to interest and proficiency level.

YOUNG ADULTS GATHER ONCE A MONTH

The Annunciation Cathedral Youth have had a very active summer! The young adult dance group has continued meeting each Monday this summer, and dinners were, held on the last Thursdays of June and July. There was also a picnic for young adults in Burlingame on July 18th, and young adults from our sister parishes in Belmont and San Jose came as well. The August dinner was held on Friday August 7th, and was preceeded by a *Paraklesis* service to the *Theotokos*, which **His Eminence Metropolitan Gerasimos** also attended and blessed us with his presence. Our young adults plan to build on these successes and

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will continue their events this fall. The Young Adult dance group, directed by **Deacon Niko Bekris** will resume practices starting September 7 at 7:30 and will continue each Monday at the same time. As usual, there will be a Young Adult Dinner the last Thursday of the month (September 24th) at a location to be determined.

Our GOYA (junior high and high school) group will be attending a Giants game at AT&T Park on the night of September 16th, which will begin at 7:15 pm. For ticket information, please contact **Deacon Niko Bekris** at **(415) 864-8000**. In addition to this month's fun outing, our GOYAns will also be doing their third service project since the inception of the group last September. The first was making bags for homeless and Christmas caroling at an assisted living home last December, and beautifying the garden boxes of the Cathedral's Valencia Street side last May was the second. The third will be doing a drive for the San Francisco Homeless Services Coalition (either food, clothing, shoes, or another basic need to be determined).

For more information on any of our youth events, contact **Deacon Niko Bekris**, or visit the **Youth of Annunciation Cathedral San Francisco Facebook group page**.

The photos at right are from the Cathedral Young Adult Picnic in Burlingame, on July 18th, which included young adults from the Belmont and San Jose parishes



CATHEDRAL YOUNG ADULT HONORED IN SOCIOLOGY JOURNAL

L Lydia Aletraris, a member of the Annunciation Cathedral Young Adult Group and up-and-coming sociologist, was recently honored in her field by having some of her research published in the *American Sociological Review*, the flagship of the American Sociological Association and most influential journal in sociology. Lydia's co-authored publication was one of the few studies to offer a longitudinal perspective on mismatches between the number of hours people actually work and the hours they prefer to work. It was named the best scientific research article in the world on Work and Family (published in 2009) by leading scholars in sociology, psychology, and business.

Lydia is 27 years old and originally from Nicosia, Cyprus. She received her Bachelor's of Sociology in Psychology & Management from the Illinois Institute of Technology, and her Masters from the University of Georgia, from where she is also pursuing her PhD. She moved to San Francisco in February and joined the Cathedral community in March. On behalf of the Annunciation Cathedral Young Adult Group and entire Cathedral family, we would like to congratulate Lydia and offer our best wishes as she pursues her PhD and continues her career in sociology.

GETTING READY FOR FDF, TO BE HELD IN SAN JOSE JANUARY 14-18, 2010

The Metropolis of San Francisco has announced that the Greek Orthodox Folk Dance and Choral Festival, a ministry of the Greek Orthodox Metropolis of San Francisco, will be held in San Jose, CA over the Martin Luther King, Jr. holiday weekend, January 14-18, 2010. This will be the 34th annual FDF. Typically, the event, which draws over 2,500 young people and their families and friends, is held over the Presidents' Day weekend. However, because Pascha in 2010 will fall on April 4, FDF will be held approximately one month earlier. Parents, dancers and directors should plan accordingly. For us at the Cathedral, it means dance practice will be held during much of the summer months. Housing information, meanwhile, at the San Jose Marriott has been forwarded to our dancers and their families, for those who wish to stay in San Jose during this year's FDF.

In view of the earlier date of the 2010 FDF, dance practice will continue through much of the summer. Parents and advisors will be busy making

costumes, as dancers learn new steps and new songs. Also, new this season, is the formation of an adult group, being directed by **Deacon Nikos Bekris**. The adult group practices at the Cathedral Monday evenings, at 7:30 p.m. Those interested in participating in the adult group are asked to contact **Deacon Nikos** at deacon@annunciation.org.

Meanwhile, *Ekrixi* and *Erini* practice on Tuesday evenings, 6:30 to 7:30 p.m.

Ekrixi (jr. high school) is being directed by Michael Garibaldi. *Erini* (ages 7-10) is being directed by **Katerina Loufas, Alyssa Obester, Jimmie Stavarakas, and Arianna Stratakis**.

Seizmos practices on Tuesday evenings, 7:30 to 9:00 p.m. *Seizmos* (high school/adult), is being directed by **Leah Stavarakas**.

Spithes (ages 5-10) practices on Sundays, following the Divine Liturgy. *Spithes* (ages 4 to 7), is being directed by **Irene Kyriacou, Lea Lyberopou-**

los, Lea Papavasiliou and Nicholas Balian. A new group for three to four year olds has been formed and practices on Sundays, following the Divine Liturgy. It is taught by **Irene Kyriacou, Lea Lyberopoulos and Sha-reen Saddick**.

O radiant light of holy glory, the immortal Father, heavenly and holy, blessed Jesus Christ. And now that we have come to the setting of the sun with all the light of eventide, we praise You the Father, Son, and Holy Spirit, One God. It is worthy at all times to praise You, with voices of holy song, O Son of God and giver of life, the world does glorify You.

*Vesperal Hymn:
O radiant Light, Phos Ilaron*

ANNUNCIATION CATHEDRAL SUMMER CAMP

This year's summer camp, held at the Casini Ranch along the Russian River from August 7 through August 12, was a great success. Some 70 young people and their families gathered for a week of relaxation and fun. Meanwhile, just the week prior, Annunciation Cathedral youth attended the summer camp program at St. Nicholas Ranch and Retreat Center, where about 10% of the campers were young people from Annunciation Cathedral. Metropolitan Gerasimos of San Francisco visited the Annunciation Cathedral camp at the Casini Ranch on Saturday, August 8, together Father Stephen and Deacon Nikos Bekris. His Eminence spoke with the young people and their families, ate lunch with them, and even accompanied them to the beach. Shown in the photo below are some of this year's youth and their families.



YOUTH FOR THOUGHTS

"Yourself in the Mirror" by Rev. Deacon Niko Bekris

Is there really a city called Tree Hill? Wikipedia says no, but I have known people from the Carolinas that talk about how life is in their part of the South, and it seems pretty similar to what is depicted in the show "One Tree Hill." It must be too, because I keep seeing it on most-watched TV show lists, especially among teens. If you haven't seen this show, it's now going into its seventh season on the CW channel, and is about a group of friends that deal with the stress of work, family, and relationships (mostly relationships). I would personally call it an update on the usual teen drama series, the same type that teen audiences have loved since 21 Jump Street, Beverly Hills 90210, Dawson's Creek, and The OC.

The most recent episode of the series, called "Remem-

ber Me as a Time of Day," features snapshots of every character in the show and where they're at in their life. Lucas and Peyton have gotten married and had a baby girl, Nathan has worked his way up in his basketball career and has finally been picked to play for the Charlotte Bobcats in the NBA, Brooke has reconciled with her mother. At the very end of the episode, we hear voices of different characters narrating their different thoughts about life. I found one of these thoughts to be a little thought-provoking and worth thinking about. At one point a voice enters the scene and says, "Look at yourself in the mirror. Is it the person you want to be?"

As you know even better than I do, high school is a time when people do look at themselves in the mirror, and really do decide if what they see is what they want to be. I would ask another question, though: Is the mirror really

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what you want to look at to decide what kind of a person you want to be? You can definitely find an outfit or a look you like, and there's nothing wrong with looking nice, to be sure. What's funny, though, is how often I hear high schoolers tell me that things in high school are too superficial, and way too much about looks (and I love hearing people say this). Where then, do we look to see what we look like on the inside? Simply put, the best place to see a reflection of our inner selves, is, well, reflection. Taking the time to reflect on ourselves, our lives, is the best way to see what we look like on the inside. When I say "reflect," I'm talking about spending time with the One who knows us better than we know ourselves. When we spend time with God, He lets us know where we're at in life and where we need to go- either in those peaceful moments, or through other people, or some other time. He has already given us a "road map" on how to live our lives, and it's called the Bible, where we have the greatest example of what inner health looks like, in the Gospel of Jesus Christ. It seems so simple, and yet we act like it's so difficult, but prayer and Bible reading should be part of our every day life. Even if it's just one verse we read that day, we still expose ourselves to

a little bit of God's word, and a little bit of reflection.

How many times in the day do we look in the mirror to see how we're doing? We make sure our hair hasn't been messed up in the wind, if we've gotten anything on our clothes, and if we still look the same as we did when we walked out our front door. How many times, however, do we try to look at our soul to make sure everything's okay? Probably not as many. And yet, even if we just take time at the end of our day to say thank you to God and read a little bit of His word to us, His love letters to us, we help ourselves far more than we realize. If we make this a regular part of our life, God will let you know where you need to go in your life and what you need to do (unless He doesn't, at least not right away or how we'd expect, in which case He has a reason for it). He will because He loves us. And slowly, but with certainty, we will feel a deeper meaning come into our lives, a fulfillment. Psalm 46 says "Be still, and know that I am God." (v. 10) Don't let anyone tell you this is too hard, or unrealistic. We can all do it if we decide we want to do it. So maybe that phrase from "One Tree Hill" should be, "Reflect. Is it the person you want to be?"



ΤΟ ΦΕΣΤΙΒΑΛ ΤΗΣ ΚΟΙΝΟΤΗΤΟΣ: 24, 26, ΚΑΙ 27 ΣΕΠΤΕΜΒΡΙΟΥ

Σε λίγες μέρες τα μέλη του Καθεδρικού Ναού θα λάβουν από ένα φάκελλο που θα έχει διάφορα έντυπα αναφορικά με το εφετινό Φεστιβάλ της Κοινότητας, το οποίο θα λάβει χώρα στην Κοινοτική Αίθουσα επίσης και στο χώρο πάρκιγκ του Καθεδρικού Ναού, την Παρασκευή 25 Σεπτεμβρίου, το Σάββατο, 26 Σεπτεμβρίου και την Κυριακή, 27 Σεπτεμβρίου. Μεταξύ άλλων, θα λάβετε δυο βιβλία για το λαχείο, ένα έντυπο στο οποίο δύνασθε να δηλώσετε τη συμμετοχή σας στο λεύκωμα, ένα έντυπο στο οποίο δύνασθε να δηλώσετε τις ημέρες και τις ώρες που μπορείτε να προσφέρετε τις υπηρεσίες σας, δηλαδή να εργασθείτε κατά τη διάρκεια του Φεστιβαλ, ένα έντυπο στο οποίο δύνασθε να δηλώσετε τη προσφορά σας όσον αφορά τα διάφορα υλικά που θα χρειασθούν, ένα πρόγραμμα με πληροφορίες όσον αφορά τις ορχήστρες που θα παίξουν κατά τη διάρκεια του Φεστιβάλ, ένα πρόγραμμα αναφορικά με το μαγείρευμα, ως επίσης και κάρτες δωρεάς εισόδου, τις οποίες δύνασθε να μοιράσετε στους φίλους, γειτόνους, η συνεργάτες

σας. Σας ευχαριστούμε εκ των προτέρων για ό,τι μπορείτε να κάμετε, προβάλλοντας το Φεστιβάλ. Έτσι θα έχει ακόμα περισσότερη επιτυχία.

ΤΑ ΣΧΕΔΙΑ ΓΙΑ ΤΗΝ ΚΑΙΝΟΥΡΓΙΑ ΕΚΚΛΗΣΙΑ

Ήδη έχει τελειώσει η μελέτη των μηχανικών, οι οποίοι εξέτασαν το έδαφος και βρήκαν ότι ουσιαστικά είναι κατάλληλο για την προτεινόμενη οικοδομή του ναού, γυναικονίτη, και δύο επίπεδα πάρκιγκ. Βάσει του πορίσματος αυτού, οι σχεδιαστές άρχισαν να μας παρουσιάζουν τα πρωταρχικά σχέδια, τα οποία έχουν υποβληθή στην Πόλη προς έγκριση. Σε άλλο μέρος του παρόντος δελτίου θα δείτε ένα σχεδιάγραμμα του κυρίως Ναού, στο οποίο φαίνεται ο Νάρθηκας, ο Ναός (με θέσεις για 572 άτομα), ο Σολέας, τα Ψαλτήρια, ο Δεσποτικός Θρόνος, η Κολυμβήθρα, και το Ιερό. Αν προσέξετε, στο δεξί μέρος (νότια) υπάρχει ένας χώρος που θα στεγάσει την Κολυμβήθρα για ενήλικες--είδος Παρεκκλήσι (το οποίο σκεπτόμαστε να ονομάσουμε "Αγία Σοφία." Ενθυμείτε ότι η Κοινότητα

του Ευαγγελισμού, πριν το έτος 1936, λεγότανε Αγία Σοφία. Η ονομασία της Κοινότητας, βέβαια, παραμένει ο Ευαγγελισμός της Θεοτόκου. Μάλιστα η επίσημη ονομασία της Κοινότητας είναι "Ενωμένη Ελληνική Ορθόδοξη Κοινότητα Αγίου Φραγκίσκου, ο Ευαγγελισμός". Αριστερά (βόρεια) η πόρτες οδηγούν στην αυλή. Ο Ναός θα ευρίσκεται στο ίδιο επίπεδο με την αυλή. Πίσω από τον Ναό η αυλή θα συνεχισθεί, ώστε σε περιπτώσεις συγκεντρώσεων, όπως το Φεστιβάλ, μπορεί να χρησιμοποιηθεί έτσι ώστε να εξυπηρετήσει όλους όσοι θα βρίσκονται έξω. Ουσιαστικά προβλέπεται να κτισθεί ένας παραδοσιακός Ορθόδοξος Χριστιανικός Ναός, με τρούλλο και αψίδες, υπενθυμίζοντας την παραδειγματική Βυζαντινή Μεγάλη του Χριστού Εκκλησία, την Αγία Σοφία της Κωνσταντινούπολης. Πιστεύουμε πως όλη η ομογένεια χαίρεται που ακούει ότι, επι τέλους, κτίζεται ο Καθεδρικός Ναός του Ευαγγελισμού της Θεοτόκου, 20 χρόνια μετά τον σεισμό εκείνο που ήταν η αιτία κατεδάφισης του παλαιού ναού.

ΚΑΛΟΥΝΤΑΙ ΤΑ ΜΕΛΗ ΤΟΥ ΚΑΘΕΔΡΙΚΟΥ ΝΑΟΥ ΕΙΣ ΓΕΝΙΚΗ ΣΥΝΕΛΕΥΣΗ, ΣΤΙΣ 18 ΟΚΤΩΒΡΙΟΥ

Τα μέλη του Καθεδρικού Ναού καλούνται στη δεύτερη Γενική Συνέλευση της Κοινότητας, που θα λάβει χώρα την Κυριακή 18 Οκτωβρίου, μετά τη Θεία Λειτουργία. Η ημερησία διάταξη έχει ως ακολούθως:

Προσευχή

1. Εκλογή προέδρου Συνέλευσης
2. Εγκριση πρακτικών της Συνελεύσεως της 15ης Μαρτίου 2009
3. Απολογισμός Ταμία
4. Αναφορές επιτροπών
 - α. Στουάρντσιπ
 - β. Φεστιβάλ
 - γ. Νεολαία
5. Οικοδομή του Καθεδρικού Ναού
6. Αναφορά εξελεγκτικής επιτροπής
7. Αναφορά ονομαστικής επιτροπής (Σημειώνεται ότι τα μέλη της επιτροπής, αφού υποβάλλουν την αναφορά τους, αναλαμβάνουν καθήκοντα εφορευτικής επιτροπής. Οι Κοινοτικές Εκλογές θα λάβουν χώραν την Κυριακή 13 Δεκεμβρίου)

8. Εκλογή εκπροσώπων στη Κληρικο-λαϊκή Συνέλευση της Μητροπόλεως (Ίδρυμα Αγίου Νικολάου, 8-9 Φεβρουαρίου 2010)
 9. Παλαιά θέματα
 10. Νέα θέματα
- Προσευχή

ΜΑΓΕΙΡΕΥΟΥΜΕ, ΕΛΑΤΕ ΚΑΙ ΣΕΙΣ ΝΑ ΒΟΗΘΗΣΕΤΕ

Όπως όλοι γνωρίζουν, το Φεστιβάλ του Καθεδρικού Ναού θα λάβει χώρα τη Παρασκευή 25 Σεπτεμβρίου, το Σάββατο 26 Σεπτεμβρίου και τη Κυριακή 27 Σεπτεμβρίου. Κατά την διάρκεια του των πρώτων ημερών του Σεπτεμβρίου συνεχίζονται οι προετοιμασίες. Εξακολουθούμε να μαγειρεύουμε. Σας καλούμε όπως έλθετε και βοηθήσετε. Παρακαλείσθε όπως σημειώσετε το κάτωθι οράριο:

Πέμπτη 3 Σεπτεμβρίου, Γαλακτοπούρεκο, 9 π.μ. με 5 μ.μ. Υπεύθυνη η Φιλόπτωχος.

Τρίτη 15 Σεπτεμβρίου και Τετάρτη 16 Σεπτεμβρίου, Κουραμπιέδες, 9 π.μ. με 5 μ.μ. Υπεύθυνη η Μαρία Τσακοπούλου (Τσίκου).

Πέμπτη 17 Σεπτεμβρίου και Παρασκευή 18 Σεπτεμβρίου, 9 π.μ. με 5 μ.μ. Ντολμαδάκια. Υπεύθυνη η Σπυριδούλλα Σταυροπούλου.

Παρασκευή 18 Σεπτεμβρίου και Σάββατο 19 Σεπτεμβρίου, 9 π.μ. με 5 μ.μ. Πιπεριές. Υπεύθυνος ο Θεόδωρος Λεβέντης.

Δευτέρα, 21 Σεπτεμβρίου και Τρίτη 22 Σεπτεμβρίου, Μπακλαβάς, 9 π.μ. με 5 μ.μ. Υπεύθυνη η Φιλόπτωχος.

Τρίτη 22 Σεπτεμβρίου, Σουβλάκια, 5:30 μ.μ. με 10 μ.μ. Υπεύθυνος ο Γιάννης Πανομίτρος.

Τετάρτη 23 Σεπτεμβρίου, Κότες, 9 π.μ. με 5 μ.μ. Υπεύθυνη η Πόπη Ζάκη.

Πέμπτη, 24 Σεπτεμβρίου, Ριζόγαλο, 9 π.μ. με 5 μ.μ. Υπεύθυνη η Ροζ Σογότη.



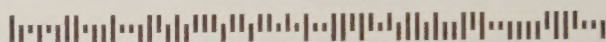
S E P T E M B E R C A L E N D A R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Dance Practice 6:30 p.m.- 9:00 p.m. Beginning of Ecclesiastical New Year		Galaktoboureko, 9 a.m. to 5 p.m.		
6	7	8	9	10	11	12
Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Dance practice 12-1 p.m.	Adult dance practice, 7:30 p.m.	Birth of the Theotokos, Liturgy, 10 a.m. Dance Practice 6:30 p.m.- 9:00 p.m.	Philoptochos General Meeting, 1 p.m.			
13	14	15	16	17	18	19
Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Dance practice 12-1 p.m.	Elevation of the Holy Cross, Orthros, 9 a.m., Liturgy, 10 a.m. Adult dance practice, 7:30 p.m.	Kourambiedes, 9 a.m. to 5 p.m. Dance Practice 6:30 p.m.- 9:00 p.m.	Kourambiedes, 9 a.m. to 5 p.m. Parish Council, 7 p.m.	Dolmades, 9 a.m. to 5 p.m.	Dolmades and Bell Peppers, 9 a.m. to 5 p.m.	Bell Peppers, 9 a.m. to 5 p.m.
20	21	22	23	24	25	26
Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Dance practice 12-1 p.m.	Baklava, 9 a.m. to 5 p.m. Adult dance practice, 7:30 p.m.	Baklava, 9 a.m. to 5 p.m. Souvlaki, 5:30 p.m. to 10 p.m. Dance Practice 6:30 p.m.- 9:00 p.m.	Chicken prep., 9 a.m. to 5 p.m.	Rizogalo, 9 a.m. to 5 p.m. Young adult dinner	FOOD FESTIVAL, 11 a.m. to 10 p.m.	FOOD FESTIVAL, 11 a.m. to 10 p.m.
27	28	29	30			
Orthros 9 a.m., Divine Liturgy 10:30 a.m. Class on Orthodoxy 9 a.m. Dance practice 12-1 p.m. FOOD FESTIVAL, noon to 9 p.m.	Adult dance practice, 7:30 p.m.	Dance Practice 6:30 p.m.- 9:00 p.m.				

LOOKING AHEAD	
Parish Assembly	Sunday, October 18, 2009
Dance Group GLENDI	Saturday, November 14, 2009
Thanksgiving Luncheon	Sunday, November 22, 2009
Vasilopita	Sunday, January 10, 2010
FDF, San Jose	Thursday, January 14-Monday, January 18, 2010
CRAB FEED	Friday, January 29
Metropolis Clergy-Laity	Monday-Tuesday, February 8, 9, 2010

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Sacraments & Services

WEDDING

The marriage of **Martin Patrick Walsh** and **Penny Angela Pappas** was blessed at the Cathedral on August 16. **Georgette Calemeris** is their sponsor.

Na mas Zisoun! (Long life!)

FUNERALS

Steve (Stavros) Dionisios Asprogerakas, who fell asleep in the Lord on July 27, was buried on August 4. He is survived by his wife, **Eliana**, and his children **Dionisios** and **Tasia**, and their families.

Laura Teresa Choulos, who fell asleep in the Lord on July 30, was buried on August 5. She is survived by her children, **George**, **Alexander**, **Stephan**, **James** and **Anastasia**, and their families.

Aionia I Mnimi! (Eternal memory!)



*Do not refuse a request to pray
for the soul of another, even when
you yourself lack the gift of prayer.
For often the very faith of the
person making the request will
evoke the saving contrition of the
one who is to offer the prayer.*

*Saint John Climacus
Sixth Century, Mount Sinai*

